

Indiana Nutrition Newsletter

Keeping Schools 'IN' the Know

Issue 2012-1

Winter 2012

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If you know of a nutrition-related or Food Service success story, please click [here](#).

Crown Point Goes to D.C.

In the 2011 Spring edition of the Indiana Nutrition Newsletter, we recognized Crown Point School's achievement of being the first school corporation in Indiana to earn the HealthierUS School Challenge Silver Award. In April, the school district hosted a large pep rally celebrating the award. Invited were members of the community, officials from USDA, school faculty, and students from all of the schools in the corporation that won.

In addition to the pep rally, Pam Maloney, Food Service Director of the district, was invited to attend a special gathering hosted by First Lady, Michelle Obama, on the White House lawn.

On a sunny day in October, Pam assembled with hundreds of other food service directors, principals, teachers, and staff to be recognized by the First Lady for their efforts toward ending childhood obesity. She spoke of schools installing salad bars in their lunch rooms, adding more fresh fruits and vegetables to the menu, and planting their own gardens. She commented that schools have paired with over 3,000 chefs in the Chef's Move to School Program and the number of schools that achieved the HealthierUS School Challenge has more than doubled from initial pro-

jections in less than a year.

The First Lady explored the audience to take their love and

knowledge of feeding nutritious meals to their student body and reach out to other schools in the district or across the state. She also encouraged all of the attendees to develop contacts with one another.

Asserting that passing along ideas and knowledge is the only way schools can continue to fight the obesity epidemic.

The overall theme of the speech was to encourage schools to continue implementing the methods that they used to win the HealthierUS School

Challenge and to pass those methods on. She said that the HealthierUS School Challenge is a competition in America that every school can win.

After the encouraging speech, Pam met many of the White House Chefs who were showing off apple recipes that they had created. The guests were served a snack of fresh fruit, apple juice, water, and homemade Fruit and Oatmeal Bars.

Pam also had a chance to talk with food service directors from all around the country. She said she loved the whole experience, but really enjoyed touring the White House gardens. Pam remarked about the impressive variety of veggies grown that the chefs use in meals served in the White House.

To remember the event, she was given a booklet of recipes served in the White House, including Fruit and Oatmeal Bars. However, the experience alone will be quite a memory for Pam.

To view Michelle Obama's speech, click [here](#). To view a video created by the DOE about Crown Point's achievement, click [here](#).



New Year– New Challenges– New Training

Indiana Department of Education's School and Community Nutrition Division is gearing up to help schools and RCCIs adjust to the School Nutrition Program changes issued by USDA. Detailed plans are in the works that we hope will ease the pressure of new rules and regulations and get you excited about the possibilities for your food service program.

Topics of interest will be based on your suggestions. A recent survey was sent out to gauge your specific training needs. The results will be used to develop the training seminars and webinars on topics such as implementing the new meal pattern and teaming with chefs through the Chef's Move to School program.

SCN Training

With all of the changes to the National School Lunch Program occurring this year, a task force has been developed within the School and Community Nutrition Department to discover the training needs of the schools in Indiana. Throughout the year, training on topics for your

child nutrition program that you indicated you would like to learn or be refreshed will be provided.

New Meal Pattern

With the announcement of the new meal pattern, many schools might be wondering how they will implement the changes. Whether your school needs help developing cycle menus, cooking methods for legumes, or cost management, the State Agency is here to help.



Chefs Move to School

Finally, we are working with a local chef and chef instructor, Jeff Bricker, who is involved on the board of the American Culinary Federation. He has been promoting the Chefs Move to School Program within Indiana's chef community and we are really looking forward to working with him in the coming months.

We are planning on providing a training for chefs to learn more about the National

School Lunch Program and specifically the rules and policies that school foodservice workers deal with every day when providing meals for children. We hope with this training we can convey the difficulties that often occur when running School Nutrition Programs so the chefs are prepared to offer the support and help that schools need and want.

We will also provide a webinar for schools to learn more about the program, hear from schools that are already collaborating with chefs, and answer any questions or concerns you might have.

We are very excited to bring you this training and more through the year. If you have any suggestions or comments about these trainings or anything else, please do not hesitate to let us know. Also, be sure to read the weekly emails that we send out on Thursday afternoons to get the information and links for the upcoming webinars, surveys, and trainings.

Questions? Suggestions? Contact [Allie Caito](#).

Future Grant Opportunities

Mantis Awards for Community and Youth Gardens (Due in February/March)- Each year, Mantis presents the Mantis Awards for charitable and educational garden projects that enhance the quality of life in their host communities. NGA selects 25 outstanding applicants to receive Mantis tillers/cultivators. Any nonprofit garden program may apply. In the past, winners have included schools, churches, correctional facilities, parks departments, youth camps, community gardens, and many others. These are groups turning slim resources into bountiful gardens with far reaching benefits, from increasing their community's access to fresh nutritious foods to educating the public about the importance of gardening in our nation's history. For more information visit: <http://www.kidsgardening.com/grants/mantis-criteria.asp>.

NASPE/ING Run for Something Better School Awards Program (Due in April)- The awards program will provide up to five \$2,000 grants to schools in each state that desire to establish a school based running program or expand an existing one. Awards are available to programs that target grades 4th through 8th in public elementary or middle schools. Schools must design a before, during, and/or after school program which will be offered to the best of the school's ability to all students in eligible grades. The program must not be exclusive to participants of one gender. The program must have a commitment of at least 25 students in order to apply. For more information visit: <http://orangelaces.com/site/index/home/>.

Silent Hero Grant Program (Due in April)- Grants ranging from \$2,000 to \$10,000 will be awarded to expand the reach of underutilized child nutrition programs, including the School Breakfast Program and the Summer Food Service Program. If you are a public, non-profit private school, or 501(c)(3) non-profit that participates in the National School Breakfast Program, you may qualify for the Alternate Meal Service Breakfast Grant. Alternate meal service is defined as either breakfast in the classroom, grab and go or any other alternate site meal service outside of the standard cafeteria lunch line. For more information visit: <http://www.gotbreakfast.org/grants.php>.

Active Schools Acceleration Project (Due in April)-Does your school have a great physical activity program for its students? Do you want the chance to earn up to \$100,000 and the opportunity to share your model with other schools? Check out ChildObesity180's ASAP Innovation Competition, which is looking to uncover the best in-school programming to get kids active. All K-6 schools and districts are eligible to apply. www.ActiveSchoolsASAP.org.

Carol M. White Physical Education Program (Due in May)- The Carol M. White Physical Education Program provides grants to LEAs and community-based organizations (CBOs) to initiate, expand, or enhance physical education programs, including after-school programs, for students in kindergarten through 12th grade. Grant recipients must implement programs that help students make progress toward meeting state standards. For more information visit: <http://www.ed.gov/programs/whitephysed/index.html>.

Getting to Know ISNA

The Indiana School Nutrition Association (ISNA) is an association for child nutrition professionals and a state affiliate of the School Nutrition Association (SNA). The mission of ISNA is: *to provide education, programs and services for members which promote quality child nutrition.*

When you become a member of ISNA, you benefit from a network of child nutrition advocates who share your love for serving children and your desire to receive training, information and knowledge in all areas of child nutrition programs. ISNA is a unique association in that membership represents cooks, managers and directors, and our goal is to serve all members with training opportunities to fit their responsibilities.

During the year, ISNA offers numerous training opportunities, including:

- ISNA Annual State Conference in October

- Regional Workshops-held during the week, after work hours in March throughout the state.
- Spring Training Seminar – held in May on a Friday/Saturday
- ServSafe and Healthy Edge Training for SNA Certification
- Summer Training – Leadership Academy

Membership in ISNA/SNA also provides many other benefits to you: scholarships for continuing education, national conferences, outstanding state and national magazines, and current information on the legislative issues that impact our programs.

If you are interested in becoming a member, please contact the ISNA Membership Chair, Victoria Moore at: vmoores@sbcsk.k12.in.us or the ISNA office at 1.877.245.8624 or visit our website at: www.indianasna.org.

ISNA is very fortunate to have a great partnership with the DOE staff! We have worked together on many projects and Julie Sutton serves as the State Agency liaison to the ISNA Executive Board. ISNA is delighted to have a column in the State Agency newsletter, and we appreciate the opportunity to share information about ISNA with you! In future issues, we will share more about the activities and training opportunities that are available to ISNA members, and we look forward to having you as a new member!

Sara Gasiorowski, SNS
President
Indiana School Nutrition Association



Director's Corner

Beginning next school year the New Meal Pattern for lunch will be required. In the spring, USDA will release the requirements for certification of School Food Authorities for the additional 6 cents reimbursement.

The State Agency is committed to helping schools make these changes. We are planning training sessions and will offer technical assistance in the coming months.

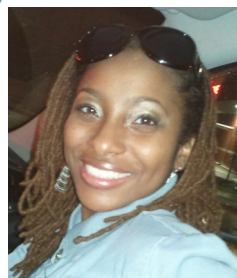
USDA is offering one-day training at the School Nutrition Association (SNA) Legislative Action Conference and SNA's Annual National Conference. Staff from the School and Community Nutrition Division will be sent to both of those trainings to gather information and provide the latest updates to Indiana schools.

School staff are also welcome to attend these conferences and hear the information first hand. USDA has a webpage dedicated to the new requirements that will be updated as information becomes available. There is link to USDA's webpage on our main page or you can access the page here <http://www.fns.usda.gov/cnd/governance/Legislation/nutritionstandards.htm>

As we work through next year together, technical assistance and corrective action will be the primary tools used on reviews to assist schools in implementing the new requirements.

Call our office if you have any questions, and watch for more information on the upcoming opportunities for training.

Meet Our Staff



Sharmela Snell, School Nutrition Field Specialist, is a Business Administration/Marketing graduate of Kentucky State University. Sharmela moved to Indianapolis from Battle Creek, MI in 1998.

In 2007, Sharmela worked as a Provisional Data Entry Specialist with the Indiana Department of Education, and was later hired on full-time in the Licensing Department. She worked in this capacity as an Administrative Assistant, and was later promoted to a Licensing Evaluator. In 2011, Sharmela moved over to the School of Community Nutrition side where she works in the office and in the field covering some of the Marion County areas.

Sharmela and her husband are settling into their newly built house and are both pursuing their master's degrees. In her spare time, Sharmela enjoys cooking, spending time with family, working with her sorority, watching reality television, and traveling out of the country. If you have any suggestions on an exciting excursion or have any questions, please feel free to give Sharmela a holler at ssnell@doe.in.gov or 317-232-0846!

Offer vs. Serve

Offer vs. Serve was developed as an option for schools in order to reduce plate waste and to give children a sense of freedom in the lunch line. This method was believed to benefit all because uneaten food would not be thrown away and children would be able to learn to make the right choices on their own.

However, as we all know, kids most often choose to decline the healthy fruits and vegetables and often opt for the entrée and fries only. Also, with more options available on the line, students and cafeteria workers can find it difficult to decipher which components on the tray make a reimbursable meal while keeping the long line of students moving.

Many schools are finding ways to resolve these setbacks. Eastwood Middle School in Washington Township utilizes a few different methods to improve Offer vs. Serve. First, Sue Stumpf, Cafeteria Manager, goes over all of the food items (usually 6 or 7 entrees and multiple sides) offered that day and makes sure all of the cashiers know what food items count toward a reimbursable meal.

Students are also informed with signs posted around the lunch line indicating what menu items are needed to create a complete meal.

Annette Guenther, Food Service Director for MSD of Washington Township, believes that in addition to providing meal component information to the foodservice workers and the students, their POS system has helped a lot. "Our new system requires the cashiers to "read the student's tray" and ring up everything on that tray. The software will determine whether it is reimbursable or not based on the items the cashier rings up."

Whether you have the resources for a POS system to help with Offer vs. Serve or you use various methods to communicate a reimbursable meal to kids and the staff, there are multiple ways you can solve the Offer vs. Serve challenge!

In a future newsletter we will discuss ways to help kids choose healthier options while still implementing Offer vs. Serve.

Try This!

Golden Apple Oatmeal

Serves: 50
Portion: 1 cup

Ingredients

1 1/2 gallons Apples, fresh or canned, diced
1 gallon 100% Apple Juice, unsweetened
1 gallon Water
2 Tbsp. Salt
1/4-1/2 cup Cinnamon, ground
2 tsp. Nutmeg, ground
1 gallon Rolled Oats, uncooked

1. Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil.
2. Add salt, cinnamon and nutmeg.
3. Stir rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy.
4. Turn heat to low, cover oats and hold until ready to serve, or place into sprayed hotel pan for steam table.

Cool Clementines

Serves: 50
Portion: 1/2 cup

Ingredients

50 Clementines

1. Peel each clementine and divide into sections.
2. Arrange individual clementine sections on a parchment-covered sheet pan.
3. Place sheet pan into freezer for at least 1/2 hour to freeze solid.
4. Once frozen, sections can be placed in individual 1/2 cup portions and held in freezer until ready to serve.

Touchdown Tomato Basil Soup

Serves: 50
Portion: 3/4 c.

Ingredients

1/4 cup Oil, Olive or Canola
2 lb Onion, diced
1 lb Celery, diced
1 3/4 lb Carrot, diced
2 Tbsp. Garlic, minced
2 lb Spinach, stems removed, rough chopped
1 #10 can Tomatoes, diced
4 lb Chickpeas, canned, rinsed and drained
2 (48-oz) cans Tomato Sauce, low sodium
2 qts. Vegetable Broth
1 1/2 cups Parmesan Cheese
4 tsp. Basil, dry

1. Heat oil in a large stockpot.
2. Skin and dice onion. Cook for 5 minutes over medium heat or until soft. Do not brown.
3. Add diced celery and carrots, cook 10 minutes or until soft. Do not brown.
4. Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes.
5. Add chickpeas and diced tomatoes and return to simmer.
6. Add tomato sauce and vegetable broth and heat thoroughly.
7. Finish soup with dry basil and Parmesan cheese. For optimal flavor, add basil right before serving.
8. Adjust with salt and pepper.

To view the standardized version of all of these recipes, please click [here](#).

To send your own unique, seasonal, or special diet recipe, click [here](#)

Food Distribution Notes

The 2012 Summer Food Service Program (SFSP) Commodity Request Forms have been mailed out to all Sponsors who participated in the SFSP last year and submitted feeding claims. Sponsors who receive a Commodity Request Form and wish to receive commodities for the 2012 Summer

Food Service Program must complete the Commodity Request Form and mail or fax it to the attention of John Moreland at the Distributing Agency office no later than **April 23, 2012**. Failure to send back the Commodity Request Form by the April 23rd due date may result in your organization not receiving

any commodities this summer. Please note you are not required to accept commodities. If you choose not to, you may still submit feeding claims under the SFSP.

Contact John Moreland by calling (317) 233-0020 or e-mail at jmorelan@doe.in.gov.



Team Nutrition Notes

Healthy Hoosier School Award

The Healthy Hoosier School Award honors Indiana schools that have policies and educational programs in place to promote proper nutrition and increased physical activity among their students. If you would like the opportunity to receive a monetary award and recognition for your commitment to addressing the health needs of students, you should fill out an online application. The application deadline is now May 2, 2012. For a brochure on the 2012 Health Hoosier School Award, a practice paper application, as well as a list of sponsors and past winners, click [here](#).



Team Nutrition Best Practices Manual

Fishers Elementary Schools (Hamilton Southeastern)

Ninety fourth graders participated in a 45-minute lesson in the cafeteria on MyPyramid (MyPlate). The discussion involved how protein foods, including dried beans, fit into the pyramid. Chickpeas were used in a food demonstration to make hummus. The hummus was served with a variety of vegetables. Students were about to taste a chickpea and were given other recipe ideas for this legume. The students completed a 15 bean activity requiring the identification of different dried beans.



would like to see on the school menu. Many students had never tasted Spanish rice or wholegrain pasta. Approximately 85% of students wanted both items to be added to the lunch menu. Positive comments were received from staff as well.

Franklin Community Middle School (Franklin Community)

ReCharge! Energizing After-School is a program designed for students in grades 2 to 6 to practice good nutrition and physical activity habits. The program was developed in collaboration with the National Football League and Action for Healthy Kids. The ReCharge! Kit includes lesson plans, equipment, information for families, and more. The Middle School offered the program every Tuesday and Thursday for 12 weeks to a group of 25 to 30 students. On Tuesdays the students engaged in physical activities such as, wall climbing, step aerobics, and relay games. On Thursdays, students prepared a nutritious snack. After preparing the snack, students completed a handout to reinforce the concepts they had just learned.

Crestview Elementary (MSD of Lawrence Twp.)

To teach the importance of consuming whole grain foods, the entire student body had the opportunity to taste test Spanish rice and whole grain rotini pasta. Students voted on which item they

CALENDAR OF SCHOOL NUTRITION PROGRAM REQUIREMENTS

Item or Process	Due Date	Submit to Doe	Retain in File
*Verification Summary Report	December 15 th	Online	No
*Direct Certification- 3 rd Match	Last Week of January	No	Yes
**On-Site Monitoring Process	February 1 st	No	Yes

*Residential Child Care Institutions (RCCIs) do not need to complete these items if they do not approve free and reduced-price meal applications.

**Single school sites or single RCCI sites do not need to complete this item.

Northwest

Lafayette School Corporation- Vinton Elementary students were able to make a real “Farm to School” connection during National School Lunch Week. The owner of Wea Creek Orchard, Perry Kirkham, visited Vinton during lunch time and provided samples of different varieties of apples, all grown on his farm, for the students to taste.



Bushels of apples were displayed so students could see how varieties looked different. Each variety was cut into bite-size pieces so students could taste the differences as they were waiting in the lunch line.

Mr. Kirkham spoke to each group while they were eating their lunches. He told students how they grow apples on their farm and answered many questions. Every student in the school was given a whole apple later in the day for snack. Much appreciation to Wea Creek Orchard for

helping Vinton Elementary students learn more about “Growing Healthy” during National School Lunch Week.

Southeast

Clark-Pleasant Community Schools- First Friday is a new program this year for the Clark-Pleasant Community Schools in Whiteland, IN. On the first Friday of every month the school is in session, they serve a special meal apart from their typical cycle menu. These are popular items that did not quite make the cut like baked potatoes with toppings and fried rice with egg rolls. It is a special treat that also has the potential of introducing new ingredients or a diverse array of food to the students.

Other schools can use this idea from Clark-Pleasant and turn their first Friday’s of the month into special taste-testing for new recipes or a culinary cook-off among students. The ideas are limitless, but the core idea is a great one: reserve a few or more days throughout the year to provide a new experience in the cafeteria. The students will look forward to those special days.

If you know of a school that needs recognized, let us know! Email Allie Caito at acaito@doe.in.gov.

USDA Memos

Memos

Code	Date	Title
SP 06-2012	12/09/2011	Applications and Other Household Materials for Limited English Proficient Households
SP 41-2011	11/21/2011	Child Nutrition Reauthorization 2010: Indirect Cost Guidance Manual
SP 40-2011	06/15/2011	Child Nutrition Reauthorization 2010: Outreach to Households on the Availability of the School Breakfast Program
SP 39-2011	11/22/2011	Child Nutrition Reauthorization 2010: Guidance on Paid Lunch Equity and Revenue from Non-Program Foods

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<http://www.doe.in.gov/student-services/>



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-Dr. Tony Bennett, State Superintendent of Public Instruction.